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PRESS RELEASE

In the context of respect for religious freedom, which is constitutionally enshrined and upheld in Greece, and in the light of its pastoral duty to prevent the rise of religious syncretism, on the occasion of the recent designation by the UN, of the 21st of June as the “International Day of Yoga”, the Holy Synod of the Church of Greece would like to remind the Christ – fearing Congregation of the fact that “Yoga” is a fundamental chapter of the religion of Hinduism; it comprises a variety of schools, disciplines, practices and trends and **DOES NOT CONSTITUTE** a “kind of physical exercise”.

Accordingly, “Yoga” is entirely incompatible with our Orthodox Christian Faith and has no place in the lives of Christians.

From the Press Office